

the course

- a one day (6 hour) course. The basic first aid course is designed to introduce a systematic method of first aid for managing casualties. The course is a balance of learning and practical inter mixed with scenarios of real situations • the course includes:
- the fundamental workings of the body in particular the heart, lungs & airway
- recognising the difference between • healthy • ill • injured
- recording the baseline measurements of the vital body functions
- introduces a system to cope with all incidents as safely as possible
- deciding how to deal with an accident or incident



basic first aider

- basic first aider will be able to take control of an incident in the absence of standard first aider
- can be nominated as the Appointed Person within the work place
- is able to cope with common occurrences • collapse • choking • bleeding
- further training is needed for • emergency breathing • cpr • common injuries • burns • common illness

the content

- training for rescue emergency care with the REC scheme is easy and fun, the course is progressive by building on each session, introducing new scenarios to test all techniques
- **vital signs** conscious level • breathing • pulse • temperature • colour
- **emergency action** a methodical stepwise system to manage emergencies safely
- **airway problems** recognising airway problems and controlling the airway
- **breathing problems** how to cope with choking • time is short to do something
- **circulation problems** someone collapses • shock • chest pain • heart stoppage
- **unconsciousness** someone collapses • what can it be? • what do you do?
- **bleeding** treating bleeding from open wounds
- **cpr** cardiopulmonary resuscitation • UK & European Resuscitation guidelines

the candidates

- all candidates entering the REC scheme start with the basic first aid module • REC basic first aid is a certified course



the qualification

- Basic first aid course is certified for three years and is the entry point for the REC scheme